UNITED STATES KARATE ALLIANCE

BUSHIDO BULLETIN

SEPTEMBER 1990 VOL. 4

Alliance World Championships Held in New Orleans

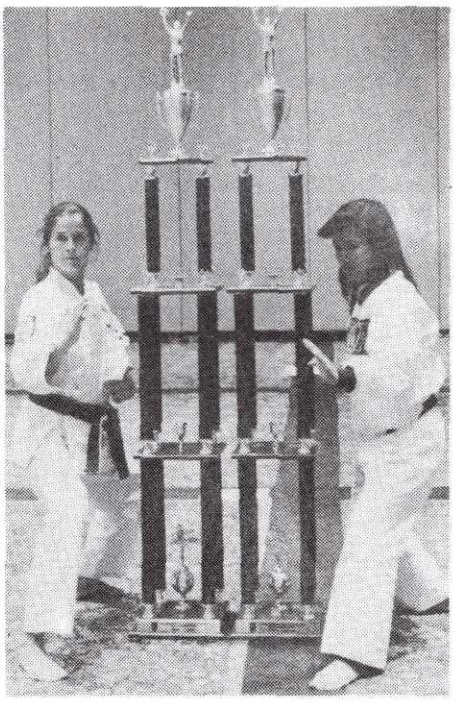
The United States Karate Alliance World Championships were held in New Orleans on July 13, 14 and 15, 1990, and were attended by over 950 competitors from all over the United States and several foreign countries. The Championships were held at the Hyatt Regency in New Orleans, with competition over a three day period.

Various committees met on Friday morning and proposals were submitted by the general membership for consideration. The Rules and Referee Committee, Kobudo Committee, State Representatives, Executive Board and Board of Directors all met and voted on various proposals. After the proposals passed committee, they were submitted to the general membership for a vote. The results are published in related articles in this Bulletin.

Weapons competition and team competition were held on Friday. The team competition was fast-paced, with the Dream Team from New Orleans winning first place in black belt men's team fighting.

Kata competition was held on Saturday. The Alliance World Championships feature strong, traditional kata forms, but added an open division and musical division this year, which were very entertaining. Kathy Quann and Joe Dupaquier were selected as the two finalists from all the black belt divisions for the grandchampionship run-off at the finals on Sunday.

The children's divisions were also held on Saturday. As usual, the children's divisions were the most popular events of the Championships. When they were competing, the 25,000 square foot Regency Ballroom was packed. Next year, the Alliance will be adding a children's kata grand-championship at the finals.



Sherron Schneider (l) women's fighting grandchampion and Kathy Quann (r) kata grandchampion.

The 1990 Alliance National Champions banquet was held Saturday evening. The universal comment at the banquet was that it was the best banquet meal everyone remembered having. Everyone even got a crawdad on their plate, which people either ripped apart and ate enthusiastically or looked at with disgust. Six new members were inducted in the Alliance Hall of Fame (see related article.)

The adult kumite run-offs were held on Sunday. The *fighting divisions* featured good and fast competition, which was virtually injury-free. The alliance prides itself on promoting tournaments where safety is one of the main concerns. The alliance is in the process of certifying and testing judges, so that next year all the rings will be staffed with *certified judges*.

The finals were well-attended on Sunday evening. The finals of the koshiki matches were fought, with Joe Walker winning. Kathy Quann and Joe Dupaquier ran their katas with bunkai interpretation. The score was close, but Kathy Quann edged out Mr. Dupaquier to win the kata grandchampionship. Sherron Schneider fought Mary Pollard and won the women's black belt grandchampionship. The men's black belt division winners then fought to determine the men's kumite grandchampionship. The final match between Steve Perrey and Eric O'Neil had the crowd literally on its feet. It was an *extremely close* and exciting match which featured two excellent fighters. Mr. Eric O'Neil won the grandchampionship match by one point.

The individuals who won or placed at the Alliance World Championships are:

KATA: MASTERS KATA - 1. Gary Purdue; 2. Eddie Bethea; 3. Milt Calander; BLACK BELT KATA

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Alliance World Championships
Held in New Orleans

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(JAPANESE & OKINAWAN) - 1. Greg Holmes; 2. Steve Perry; 3. Rudolofo Rodriguez; BLACK BELT (KOREAN KATA) - 1. Joe Dupaquier; 2. Benny Broadway; 3. Randy Parker; BLACK BELT (SOFT STYLE KATA) - 1. Royal Hawthorne; 2. Jose Luisa Sosa; 3. Cody Templeton; BLACK BELT (WOMEN HARD STYLE) - 1. Kathryn Quann; 2. Stacey Knightdemijia; 3. Sherron Schneider; BLACK BELT (WOMEN SOFT STYLE) - 1. Lia Fontana; 2. Alisa Long; BLACK BELT CREATIVE KATA - 1. Zulfi Ahmed; 2. Scott Harrison; 3. Eric O'Neal; BLACK BELT MUSICAL - 1. Kathryn Quann; 2. Stacey Knightdimejia; 3. Cody Templeton; BROWN BELT MEN KATA - 1. Patrick Ramsey; 2. Clint Dueplechain; 3. Ron Wilson; COLORED BELT MEN KATA - 1. John Bullock; 2. Randy Bohannon; 3. Christopher Montemayor; YELLOW BELT MEN KATA - 1. Duane Urbina; 2. Eric Sullivan; 3. John Grigsby; BROWN BELT WOMEN KATA - 1. Brenda Pond; 2. Tracy Burns; 3. Monica Rivers; COLORED BELT WOMEN KATA - 1. Alison Bentley; 2. Kelly English; Karen Roberts; YELLOW-WHITE BELT WOMEN KATA - 1. Rhonda Bowman; 2. Donna Johnson; 3. April Thompson; JUNIOR MEN ADVANCED KATA - 1. Joey Mathas; 2. Sid O'Bryan; 3. Paul Nasalaris; JUNIOR MEN BEGINNING KATA - 1. Adam Vance; 2. Paul Mohanon; 3. Monty Paggeot; JUNIOR FEMALE ADVANCED KATA - 1. Heather Kees; 2. Chu Jun Fryson; 3. Brandy House; JUNIOR FEMALE BEGINNING KATA - 1. Carla Shadevic; 2. Emily Kryjak; 3. Becky Mendez; JUNIOR BOYS ADVANCED KATA - 1. Tom Campbell; 2. Chad Mason; 3. Edward Conrad; JUNIOR BOYS INT KATA - 1. Matt Gautreaux; 2. Will Harris; 3. Brent Whittington; JUNIOR BOYS BEG KATA - 1. Reginald Jones; 2. Mark Plaisance; 3. Lugene Davis; PEE WEE ADV KATA (12-13) - 1. Buster Cotten; 2. Keith Mark; 3. Mark Pennison; PEE WEE INT KATA - 1. Damion Osborny; 2. Casey Conlay; 3. Alex Borres; PEE WEE BEG KATA - 1. Terry Lee; 2. Billy Kuhl; 3. Adam Wik; MINI PEE WEE ADV KATA (10-11) - 1. Randy Dugas; 2. Louie Tafoya; 3. Roy Jackson; MINI PEE WEE INT KATA - 1. Randall Miller; 2. Alex Wellman; 3. Scott Wittel; MINI PEE WEE BEG KATA - 1. Lamar Gardere; 2. Vaylon DuBois; 3. Ben Holloway; TINY TOTS ADV KATA (8-9) - 1. Billy Nelson; 2. Jason Decuir; 3. Nicolas Pierre; TINY TOT INT KATA - 1. Reece Killebrew; 2. Raynall Thornton; 3. Dewayne Ingo; TINY TOT BEG KATA - 1. Bryan Hargrove; 2. Willy Danos; 3. Daniel Valensuela; MINI MITES ADV KATA (5-7) - 1. Elliott Herrera; 2. Crissy Arnold; 3. Kelly Altman; MINI MITES INT KATA - 1 Kristopher Katira; 2. Henry Marigny; 3. Gill Houston; - MINI MITES BEG KATA - 1. Brad Currie; 2. Micheal Daigle; 3. Russell Durosseau; BLACK BELT WEAPONS KATA (HARD STYLE) - 1. Eddie Bethea; 2. Mike Belot; 3. Greg Holmes; BLACK BELT WEAPONS KATA (SOFT STYLE) - 1. Juan Merunez; 2. Mark Clark; 3. Cody Templeton; BEG ADULT KYU WEAPONS KATA - 1. John P. Bullock; 2. Susan O'Neal; 3. James Lee; ADV ADULT KYU WEAPONS KATA - 1. Patrick Ramsey; 2. Craig Brown; 3. Brenda Pond; ADV JUNIOR WEAPONS KATA - 1. Tom Cambell; 2. Chad Mason; 3. Billy Vigil; BEGINNING JUNIOR WEAPONS KATA - 1. Kristopher Katira; 2. Grant Shelton; 3. Alex Wellman; KUMITE: BLACK BELT MEN MASTERS - 1. Eddie Bethea; 2. Shorty Mills; 3. John Venson; BLACK BELT MEN HVY WT - 1. Steve Perry; 2. Raymond Blanco; 3. Mike Belot; BLACK BELT MEN LT HVY WT - 1. Augustus Blanco; 2. Lawrence Jefferson; 3. Mike Heister; - BLACK BELT MEN MED WT - 1. Eric O'Neal; 2. Robert Parham; 3. Marcellus White; BLACK BELT MEN LT WT - 1. Joe Dupaquier; 2. Scott Harrison; 3. Billy Kees; BLACK BELT SENIORS - 1. Tim Davies; 2. Fred McNab; 3. Eddie Pino; BLACK BELT WMN LT WT - 1. Sherron Schneider; 2. Cathy Davis; 3. Tranita Smith; BLACK BELT WOMEN HVY WT - 1. Mary Pollard; 2. Adrian Walke; 3. Alissa Long; KYU SENIORS - 1. Raymond Edwards; 2. Mike Hubbard; 3. Jim Martinez; BROWN BELT LT WT - 1. Lance Dettman; 2. Wardell Coward; 3. Robert Head; BROWN BELT MEN HVY WT - 1. Jimmy Candie; 2. James Todd; 3. Craig Brown; COLORED BELT MEN HVY WT - 1. Rhett Charles; 2. Ronald Carter; 3. Eric Deboris; YELLOW BELT MEN HVY WT - 1. Duane Urbina; 2. Don Normand; 3. Ken Raver; YELLOW BELT LT WT - 1. Craig Green; 2. Joey Austin; 3. John Grigsby; WHITE BELT MEN HVY WT - 1. Mike O'Neal; 2. Billy Payne; 3. Donald Graham; - BROWN BELT WOMEN - 1. Monica Rivers; 2. Cecilia Garcia; 3. Linde Evans; COLORED BELT WOMEN - 1. Karen Robert; 2. Laneigh Anderson; 3. Sonnya Yeats; YELLOW-WHITE BELT WOMEN - 1. April Thompson; 2. Rhonda Bowman; 3. Dawna Raven; ADV JUNIOR MEN (16-17) - 1. John Griffin; 2. Joe Matheies; 3. Jeff Griffin; BEG JUNIOR MEN - 1. Adam Vance; 2. Chris Cashio; 3. Paul Mahanon; ADV JUNIOR GIRLS (14-17) - 1. Brandy House; 2. Chu Jun Fryson; 3. Latonya Terry; INT JUNIOR GIRLS - 1. Liza Granger; 2. Kiamonia Franklin; 3. Emily Krystak; BEG JUNIOR GIRLS - 1. Latash Ridley; 2. Becky Manda; 3. Katie Maeux; ADV JUNIOR BOYS (14-15) - 1. Richard Neagle; 2. Edward Conrad; 3. Billy Vigil; INT JUNIOR BOYS - 1. Robbie Dove; 2. David Miller; 3. Scott Yeats; BEG JUNIOR BOYS - 1. Andrew Howard; 2. Reginald Jones; 3. Jay Lain; ADV PEE WEE BOYS (12-13) - 1. Buster Cotten; 2. Eric Johnson; 3. Mark Pennison; INT PEE WEE BOYS - 1. Jason Cruthirds; 2. Brandon Esteem; 3. Demetrius Castain; BEG PEE WEE BOYS - 1. Terr Lee; 2. Sean Constintine; 3. Billy Kuhl; ADV PEE WEE GIRLS (12-13) - 1. Luisa Newball; 2. Gabrielle Ohz; BEG PEE WEE GIRLS - 1. Candice McMillan; 2. Robin Dufrene; 3. Amanda Browne; ADV MINI PEE WEE (10-11) - 1. Deshawn Johnson; 2. Jacques Aubert; 3. Randy Dugas; INT MINI PEE WEE - 1. Dwight West; 2. Alvin Crusto; 3. Grant Shelton; BEG MINI PEE WEE - 1. Anthony Wells; 2. Floyd Heisser; 3. Karl Barnes; ADV TINY TOTS (8-9) - 1. Jefferson Reese; 2. Billy Nelson; 3. Ryan Altman; INT TINY TOTS - 1. Jared Townley; 2. Raynall Thornton; 3. Clarence Earls; BEG TINY TOTS - 1. Michael Greenberry; 2. Tyler Hudson; 3. Christopher Fuseller; ADV MINI MITES (6-7) - 1. Kelly Altman; 2. Wayne Adams; 3. Elliot Herrera; INT MINI MITES - 1. Matt Joerg; 2. Gill Houston; 3. Kristopher Katira; BEG MINI MITES - 1. Greg Jackson; 2. Michael Daigle; 3. Cole Long; TOTS (5 yrs) - 1. Russell Drousseau; 2. Nicholas Pezant; 3. Omari Murphy; COLORED BELT LT WT - 1. Chris Montemayor; 2. James Lee; 3. David Ouber;

Alliance National Team Formed

The United States Karate Alliance is proud to announce the formation of its 1990-1991 national team. The team is comprised of Steve Perrey, Sherron Schneider, Joe Dupaquier, Scott Harrison and Cathy Davis. The Alliance will be sponsoring its team at the Diamond Nationals in Minnesota in October, the NBL Championships in New York in November, and other national level tournaments throughout the year.

Steve Perrey was the grandchampion kumite runner-up and 1st place heavyweight black belt winner at the Alliance World Championships in July in New Orleans. He also placed second in black belt men's kata. Mr. Perrey is a member of the United States Karate Hall of Fame. He has won or placed at numerous national tournaments and is a Shuri-Ryu stylist. Mr. Perrey is from Tampa, Florida.

Sherron Schneider was the grandchampion in black belt women's kumite in New Orleans. She is a previous kumite grandchampion at the United States Karate Association Nationals and has been a national point champion on several occasions. Ms. Schneider is a member of the Hall of Fame and is a Tae Kwon Do stylist from Santa Fe, New Mexico.

Joe Dupaquier was the first place tae kwon do kata winner and took first place in men's lightweight kumite in New Orleans. He was also the point champion in kumite and weapons. Mr. Dupaquier has been the point champion with the United States Karate Association several times and is a member of the Hall of Fame. Mr. Dupaquier is from Mandeville, Louisiana.

Cathy Davis was the first place women's kumite and kata point champion this year. She took second place in women's lightweight kumite in New Orleans and two weeks later took second place in black belt women's kumite at Ed Parker's Internationals. She has been a previous point champion with the United States Karate Association. Ms. Davis is a Hall of Fame member and is a Shorin Ryu stylist from Albuquerque, New Mexico.

Scott Harrison was the first place points champion in kata. He took second place in black belt creative open kata and second place in men's lightweight kumite in New Orleans. Mr. Harrison has won numerous kata grandchampionships and is a Tae Kwon Do stylist. Mr. Harrison is from Ruston, Louisiana.

The Alliance national team members will consist of the black belt point champions from that year, the grandchampions in kata and kumite at Nationals (if they are members, if not the runner-up will be eligible), and possibly the winners at the Alliance Cup to be held each March. The current point year is still young with many tournaments still to be held, so if you are interested in being on next year's national team, check the tournament calendar in this *Bulletin* for upcoming Alliance-sanctioned tournaments.

Southwest Regional Championships and Seminar by Seikichi Odo To Be Held October 20 and 21

The United States Karate Alliance is proud to welcome Sensei Seikichi Odo, 10th dan, to the United States Karate Alliance. Odo Sensei is the head of the Okinawa Kenpo Karate-Kobudo Federation based in Okinawa. He is recognized as Senior Kobudo Instructor Okinawa by S. Toma, Fusi Kise and M. Kakazu. Odo Sensei is the instructor of Mr. C. Bruce Heilman, chairman of the Alliance Kobudo Board. We at the Alliance look forward to a long, mutually beneficial relationship between the Alliance and the Okinawa Kenpo Karate-Kobudo Federation.

Odo Sensei will be teaching a seminar in kobudo on October 21, 1990, in Albuquerque, New Mexico. This seminar will be open to both beginning (0-6 mos. experience) and advanced kobudo students in the morning and to advanced students (over 6 mos. experience) in the afternoon.

The Southwest Regional Karate Championships will be held on October 20, 1990. This is a maximum point Alliance sanctioned event. The tournament will be held at Sandia Prep School gymnasium and will draw competitors from around the country. The Holiday Inn Pyramid is the guest hotel. Rates are $40 per night for a single and $46 per night for double, triple and quad occupancy. Call 1-800-544-0623 prior to October 5, 1990 to get the discount rates.

For more information on the tournament and seminar, contact Alliance Headquarters at P.O. Box 8643, Albuquerque, New Mexico 87198, (505) 831-6202.

Hall of Fame Members Inducted

Six new members were inducted into the United States Karate Alliance Hall of Fame on July 14, 1990, at the Annual National Champions Banquet in New Orleans. Black belt national point champions and nominated individuals are interviewed each year by Hall of Fame members and selected for the Alliance Hall of Fame. The Alliance Hall of Fame consists of the most spirited fighters and dedicated martial artists in the Alliance. Individuals are often interviewed several times before they are selected to be in the Hall of Fame. The new inductees are Dr. David Jordan, Mr. Mike Wall, Mr. Jack James, Ms. Cathy Davis, Mr. Joe Dupaquier and Ms. Sherron Schneider. Congratulations go to these individuals on receiving one of the most prestigious honors the Alliance has to bestow.

Resolutions Adopted at Nationals

Several meetings were held at the United States Karate Alliance World Championships and the various proposals were adopted by the committees and voted on and passed by the general membership.

The Kobudo Board was chaired by Mr. Bruce Heilman and included Mr. Roy Oyakawa, Mr. Pete Rabino, Mr. John Snyder and Mr. Eddie Bethea. The following resolutions were passed: 1. The initial focus will be on Okinawan weaponry with the intent on finding experts in the other styles to join; 2. There may be no more than two people per style on the weapons board; 3. All titles previously issued by the United State Karate Association will be honored; 4. Kobudo titles may only be issued to black belts; 5. Three areas of weapons were established of traditional multi-style, traditional single style, and traditional open style.

The Rules Committee was chaired by Mr. Lee Kittell and included Mr. Milt Calander, Mr. Jack James, Mr. Mark Williams and Mr. Joe Dupaquier. The following resolutions were passed: 1. There may be no more than two sanctioned tournaments per state per month; 2. For insurance purposes, it is recommended that headgear be worn at tournaments; 3. A bout shall continue to be running time; 4. Black belts will fight to 5 points rather than 3 points; 5. Points for teams must be separated from points for coach of the year; 6. The full point system will be used vs. the half point system; 7. Any rule that conflicts with state law will be overruled and state law requirements shall apply.

The Directors felt that a proposal banning the use of bladed weapons in junior competition needed more input. The proposal that only the center referee can call penalties for excessive contact was not passed.

Alliance Products for Sale

Alliance patches — quality, fully embroidered patches of the Alliance logo
$5.00 each*

Alliance window decals — fit inside the window for longer wear
$3.00 each*

Lapel pins — beautiful pins of the logo
$6.00 each*

T-shirts — both t-shirt and tank top style, white with the Alliance logo, adults XL, L, M, S, Childrens S, M, L
$8.00 each*

Alliance flags — flags of the Alliance logo, handsewn, made of quality materials
$65.00 each

* DISCOUNTS AVAILABLE FOR REGISTERED SCHOOL OWNERS

To order the above products, write Alliance Headquarters at P.O. Box 8643, Albuquerque, New Mexico 87198, (505) 831-6202. T-shirts orders and any order of other products in excess of 10, please enclose $1.50 for shipping and handling.

New Divisions and Point Values for Tournaments

The point system for Alliance-sanctioned tournaments has recently undergone a revision in order to award a higher point value between 1st, 2nd and 3rd places. For maximum sanction events, 1st place is worth 20 points, 2nd place is 15 points, and 3rd place is 10 points. A Grandchampion win is an additional 5 points. For minimum sanction, 1st place is worth 10 points, 2nd place is 7 points, and 3rd place is 5 points. A Grandchampion win is an additional 3 points. Competitors are responsible for submitting their points after each tournament win in order to be calculated in the national point champions standings. Points should be submitted to Dr. David Jordan, P.O. Box 3028 T.S., Ruston, Louisiana 71272.

The required tournament divisions have also been changed so that they correspond with the national points divisions. The adult divisions are still black belt men, black belt women, brown belt men, brown belt women, colored belt men, colored belt women, beginning men and beginning women. Weapons are black belt, adult kyu, junior, and an optional pee-wee division. Children's divisions are Tiny Tots (7 & under), Tots (8-9), Mini Pee Wee (10-11), Pee Wee (12-13), Junior Women (14-15), and Junior Men (14-15). The promoter may opt to break up any of the adult divisions into weight divisions and the children's divisions into beginning and advanced.

Upcoming Seminars

October 21, 1990
Kobudo Seminar taught by Sensei Seikichi Odo, 10th dan from Okinawa. See related story in this newsletter. For more information, contact Alliance Headquarters, P.O. Box 8643, Albuquerque, New Mexico 87198, (505) 831-6202.

November 10, 1990
Shotokan seminar on kata and kumite. Sponsored by Shotokan Karate Club in Albuquerque, New Mexico and taught by Richard Willard, 4th dan. For more information, contact Richard Willard at (505) 844-0994.

November 10, 1990
Heilman Karate-Kobudo Seminar, by Kyoshi C. Bruce Heilman. Contact Renshi Mike Kriegisch, Kriegisch Martial Arts, 2 Erie Avenue, St. Marys, PA 15857.

March 22, 23 & 24, 1991
Alliance Annual Seminar featuring C. Bruce Heilman, Fumio Demura, the Gracie brothers, and Bill Wallace. For more information contact Alliance Headquarters, P.O. Box 8643, Albuquerque, New Mexico 87198 (505) 831-6202.

Announcements

Fairbanks Selected as Ohio State Representative

Mr. Woodrow Fairbanks has been chosen as the Ohio State Representative for the Alliance. Mr. Fairbanks is a member of the Alliance Hall of Fame and a member of the Trias International Society. Mr. Fairbanks is a 7th degree in Shuri-Ryu. Mr. Fairbanks may be reached at P.O. Box 3704, Cincinnati, OH 45201.

Bethea Appointed as Indiana State Representative

Mr. Eddie Bethea has been appointed as the Indiana State Representative. Mr. Bethea recently took first in weapons and master's kumite, and second in master's kata in New Orleans. Mr. Bethea is a member of the Alliance Hall of Fame and a member of the Trias International Society. He is a 7th dan in Shorin Ryu-Kobayashi and may be reached at 119 W. Sycamore, Kokomo IN 46901.

Walker Selected as Illinois State Representative

Mr. Joe Walker has been selected as the Illinois State Representative. Mr. Walker is a 6th dan in Shuri Ryu. He took first place in the koshiki division in New Orleans. Mr. Walker may be reached at 6622 Randwick, Peoria, Illinois.

Holtzman Appointed as California State Representative

Mr. Guy Holtzman was recently named as the California State Representative. Mr. Holtzman is a 4th degree in Shuri Ryu. He was undefeated in kata for three years when he was actively competing. Mr. Holtzman may be reached at 4741 E. Palm Canyon #D, Palm Springs, CA 92264.

Congratulations

Kevin Herren was recently promoted to 3rd degree black belt; Rodney McPherson was promoted to 3rd degree black belt; Dwain Spillman was promoted to 2nd degree black belt; James Todd was promoted to 1st degree black belt; Wes Wright was promoted to 1st degree black belt; Lance Dettman was promoted to 1st degree black belt; and, Mark Pennison was promoted to Jr. Black Belt. The black belt examination was conducted at the Louisiana Tech University Memorial Gym on August 3, 1990 from 5:00 to 9:00 p.m., with a large crowd of spectators present.

More Congratulations

Gregg Ramirez, the South Texas State Representative was promoted to 2nd dan on July 14, 1990, by Dr. David Jordan and a promotional review board during the World Championships in New Orleans.

1990 Tournament Schedule

September 22, 1990
Maximum Point
Albuquerque, New Mexico
Discount to Alliance Members
Tournament Director Gary Purdue
(505) 265-1127

September 29, 1990
Maximum Point
Black Belt Karate Championships
Shreveport, Louisiana
Tournament Director Joel Chandler
Contact (919) 228-3544 for more information

September 29, 1990
Minimum Point
Northern's 2nd Annual Karate Tournament
Espanola, New Mexico
Tournament Director Jose Antonio Lopez
Contact (505) 581-4684

October 13, 1990
Maximum Point
Louisiana State Karate Championships
Ruston, Louisiana
Tournament Director David Jordan
(318) 255-3763

October 20, 1990
Maximum Point
Southwestern Regional Championships
Albuquerque, New Mexico
1st place winners seeded at World Championships
Beautiful trophies for 1st, 2nd, 3rd
Tournament Director Fred Absher
(505) 831-6202

November 3, 1990
Maximum Point
Duke City Karate Championships
Albuquerque, New Mexico
Tournament Director Gerry Herrera
(505) 345-5797 or (505) 892-5242

November 10, 1990
Minimum Point
Phoenix, Arizona
Tournament Director Mike Wall
Contact (602) 867-9204

November 10, 1990
Maximum Point
Ju Bushido Classic
Bastrop, Louisiana
Tournament Director Ben Pryor
Contact (318) 281-1667

November 18, 1990
Maximum Point
Albuquerque, New Mexico
Tournament Director Gary Purdue
(505) 265-1127

December 1, 1990
Maximum Point
Palm Springs, California
Tournament Director Guy Holtzman
(619) 320-8777

December 8, 1990
Maximum Point
Ark-La-Tex Karate Championships
Shreveport, Louisiana
Tournament Director James Clark
Contact (318) 688-2388

January 19, 1990
Maximum Point
Battle of the Champions
Mandeville, La. (suburb of New Orleans)
Tournament Director Joe Dupaquier
Contact (504) 626-7608

This a list of upcoming United States Karate Alliance sanctioned tournaments. You may obtain more information concerning the location of the tournaments by contacting the tournament directors listed above or the United States Karate Alliance at P.O. Box 8643, Albuquerque, New Mexico 87198 or (505) 831-6202.

The Holistic Martial Artist

The Knee: Part 2
Anterior Cruciate Ligament Injuries

By Alan Altman, P.A.
Orthopaedic Bone & Joint Specialists, P.A.
Albuquerque, New Mexico

Motion at the knee is controlled by the shape of the bones, muscles, tendons, and ligaments. During both routine daily walking and the most rigorous of athletic activities the knee ligaments are functioning to help control the bending and straightening of the knee, and are also providing stability to the rotational (twisting) forces which act upon the joint. Cartilages in the knee (menisci) assist the ligaments in these roles.

The anterior cruciate ligament (ACL) is a rope-like structure located in the center of the knee. It is one of the two "cruciate" (cross) ligaments. The two main functions of the ACL are: 1.) To stop the femur (thigh bone) from sliding backwards off the tibia (shin bone) when the foot is firmly planted on the ground and 2.) To control rotation of the knee.

The ACL can be injured in either contact or noncontact sports. It is occasionally torn without other damage to the knee. However, more commonly cartilages and other ligaments are torn at the same time.

One of the most common mechanisms of ACL injury is a blow to the outside of the bent knee. This causes a sudden twist and forces the knee toward the inside of the body. In Karate this can occur during a kick to the outside of the knee of the weightbearing leg. Another mechanism is just the opposite of the first in that the straightened knee is forced to the outside of the body while twisting to the same side. A third mechanism is straight hyperextension (forcibly straightening the knee beyond its limits). Any of these types of injuries can occur due to contact with an opponent. However, contact is not necessary, and the same injuries can occur during twisting, pivoting, spins, or landing off balance from a jump. A fourth mechanism is a sudden hyperflexion injury (excessive bending), which can occur while kicking a charging opponent.

At the time of injury one frequently feels and may hear a "pop". Generally there is pain or at least a dull ache. Swelling usually occurs rapidly within the first half hour or so as the knee fills with blood. Depending on the severity of the injury the contestant may or may not be able to continue his activity.

If left untreated, a variety of symptoms may develop. In mild tears of the ACL the swelling will gradually resolve, the knee will remain stable or feel slightly loose, and the competitor may be abie to continue full activities. In moderate and severe injuries the initial pain may be significant and may be accompanied by severe swelling and loss of muscle strength. As these symptoms subside "mechanical symptoms" such as locking, popping, buckling, or a feeling that the knee is about to "give way" occurs. This is especially likely during activities that require bending, twisting, or lateral (sideways) motion. For example, although one may be able to kick with the injured leg, one may not be able to stand, rotate, pivot and twist on it while kicking with the uninjured side. There also may be repeated episodes of swelling as time goes on.

Due to its location deep inside the knee the ACL cannot be touched by the examining physician. A physician must test the knee for muscle size and control, swelling, and the range of motion. Testing for looseness of the ligaments is also an extremely important part of the examination. However, frequently a newly injured knee is too painful to undergo a satisfactory ligament examination. Therefore a diagnosis cannot always be made on the first office visit. The choices are then to wait for the pain to subside, or to undergo an examination under anesthesia in an operating room so that a complete examination can be performed without pain. An arthroscopy (looking into the knee with a small telescope-like instrument) frequently is necessary to diagnose and treat other injuries such as cartilage which occur in 60% to 70% of significant ACL injuries.

Special tests are available for evaluation of the acutely injured knee. Arthrography (injecting the knee with a dye and taking x-rays) has generally been more useful in diagnosing cartilage damage, but occasionally a significant ACL tear can be identified. A major problem is that this study can be very painful. A KT-1000 arthrometer (a machine that measures the looseness of the joint) can also be useful. Recently the MRI (magnetic resonance imaging) has been very helpful in evaluating the knee for cartilage tears but is too new to be reliable in diagnosing injuries to the ACL itself. This is a painless study that involves taking pictures of the knee with a magnet.

Treatment of injuries to the ACL is perhaps the single greatest controversy in sports medicine. The issues of who requires surgery, when to operate, what type of substance is used to replace the old ligament, and whether to brace the knee upon return to athletics, stimulate many discussions and debates among sports medicine experts. Certainly all *other* injuries (eg: meniscus tears, fractures, and other ligament tears) must also be evaluated and choices of ACL treatment may vary depending on the presence of these injuries. I will try to summarize in a noncontroversial fashion some of these treatment options.

A mild ACL tear, one where the knee is still *stable* and one without other injuries, can be treated without surgery. Arthroscopy is frequently useful in *proving* that there are no other injuries. A period of rest, ice and the use of crutches is often necessary. Rapid return to activity may be allowed as symptoms subside, but only after the patient regains full range of motion and normal strength.

Moderate and severe tears that demonstrate definite looseness (instability) in active, highly competitive, professional or recreational adult athletes are generally treated operatively. Tears in the "weekend athlete", perhaps over 35 years of age who is content to participate with a brace and at a less competitive level, and one who has *no symptoms* of instability with his routine daily activities may not require ligament surgery. These patients can be initially treated with an exercise program. A major controversy lies with the large group of recreational athletes, ages approximately 25 to 35, with moderate ACL instability, who may not have problems with their daily activities, but the knee feels loose, gives-way or buckles during sports. In choosing a treatment

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Holistic Martial Artist
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plan for this athlete the physician and patient must evaluate the patient's age, type of activity (activities that are high risk for reinjury are those that require frequent contact, jumping, cutting, twisting, and side to side motions) and his or her emotional "drive" to return to the previous level of competition. If the risk of reinjury is significant then surgery may be recommended.

Patients who are unstable with routine daily activities, in addition to sports, also frequently require ACL surgery regardless of their ages. Other conditions that may lead a physician to recommend ACL surgery are cartilage tears, multiple ligament injuries, and a knee that continues to cause problems with buckling, giving-way, or swelling after a period of vigorous rehabilitation.

Examination under anesthesia and arthroscopic surgery are useful prior to, or at the same time as ACL surgery to: 1.) be sure one has diagnosed all ligament tears; 2.) diagnose and treat cartilage tears; and 3.) assist in the ACL reconstruction using arthroscopic techniques for placing the new ligament.

Another controversy is what type of substance to use while "reconstructing" the ACL. Tears of the ACL usually cannot be "fixed." The ligament itself is generally damaged too severely for repair. Therefore, during surgery the pieces of old ligament are removed and a new substance must be inserted. This is called a "reconstruction." Generally the new ligament is obtained from tendons around the same knee. Borrowing tendons from a cadaver and synthetic ligaments are also techniques that are currently under investigation.

Rehabilitation after surgery frequently takes 9-12 months before a competitor is ready to return to sports. The initial treatment involves progressive exercises to regain flexibility (movement) and a sequential series of exercises to strengthen the muscles of the hip, thigh and calf. Balance, lateral motion exercises, and running are added later. Finally, when a patient has met the appropriate criteria for strength and coordination he or she is allowed to return to unrestricted sporting activities. Generally some form of ACL brace is required for sports.

Overall results of ACL reconstruction are favorable with respect to restoring strength, stability, and endurance to the knee. However, the patient's ability to return to sports is less predictable. Some patients are content to return to the same activity, but at a somewhat less competitive level. Others change sports altogether so that they are no longer placing excessive demands on the injured knee. The athlete who wishes to return to the same sport at the same level of competition may be successful less than 50% of the time.

In karate, one of the main limitations after ACL reconstruction is loss of flexiblity. Frequently the last few degrees of flexion (bend) cannot be achieved which may limit a competitor in his ability to squat and kick. Karate is a "high risk" sport for reinjury as severe strains are placed on the knee during twisting maneuvers, spins, and balancing on the injured leg. Competitors can be protected with a sports brace, but this may detract from the grace of a *Kata* and may further limit the amount of bend in the knee. Braces must also be padded to minimize the risk of injury to an opponent during the *Kumite*.

In summary, the anterior cruciate ligament is an important stabilizer of the knee. Injuries tend to occur during rotational and twisting activities either with or without contact. Arthroscopy plays an important role in evaluating the injured knee so that all other problems can be diagnosed and treated accordingly. Anterior cruciate ligament reconstruction can be performed at the same time, or at a later date after a period of rehabilitation. The ability to return to sports is variable, either with or without surgery, depending on the athlete's desire to return to the same sport and at the same level of competition.

School of the Quarter

North Valley Tae Kwon Do at the World Championships.

The featured school of this quarter is North Valley Tae Kwon Do in Albuquerque, New Mexico. North Valley Tae Kwon Do is owned and operated by Geremias Herrera. Mr. Herrera is a 3rd dan. He opened his school in 1987 and has approximately 75 students. Mr. Herrera teaches classes six days a week. Between group lessons and private lessons, he averages 9 classes a day. He also teaches at the Southwestern Indian Polytechnic Institute and will be opening a new school in Bernalillo, New Mexico.

Mr. Herrera specializes in teaching children. He also teaches workshops on self-defense and conducts classes for women only at no charge. Mr. Herrera is really motivated in teaching self-defense to women and teaches seminars for the Albuquerque Business Women's Association.

Mr. Herrera stresses the Tae Kwon Do precepts of courtesy, integrity, perseverance, self-control and indomitable spirit. His philosophy is obviously successful as his students enjoy the martial arts and approach their training enthusiastically. Mr. Herrera took ten students to the World Championships in New Orleans and returned with ten trophies. Congratulations!!!

Renewals of Memberships

The Alliance is almost one year old. During the year, we have held our World Championships, our three-day seminar, numerous local, state and regional level tournaments, formed the national team, published four newsletters, and instituted our instructor commission program. The only item on our initial agenda which has not been completed yet is the insurance package we are trying to put together. Unfortunately, insurance agents are very cautious about martial arts programs because of their misperceptions about the dangers involved. However, we are still receiving bids on programs and hope to have one in place soon.

The success of the Alliance is possible because of the great support we have received from our members. We are pleased to have each one of you in the Alliance and hope you have benefitted from your membership. The term of a membership is twelve months from the date a member signs up. We will be sending renewal notices to each of you when your membership is close to expiring. We hope you choose to renew your membership. If any of the information you filled out on your initial application has changed, please let us know when you send in your renewal fee so that we may update your application. The renewal fee for individual members is $20.00 a year. We look forward to another successful year with you as a member.

Annual Seminar and Alliance Cup Tournament Planned for March 22, 23 & 24, 1991

The Alliance annual three-day seminar is scheduled for March 22, 23 and 24, 1991 in Albuquerque, New Mexico at the Sheraton Old Town. March 22 will feature C. Bruce Heilman and Fumio Demura teaching weapons. Demura Sensei will also teach a karate seminar on Saturday morning, March 23. Saturday afternoon will feature the Gracie ju-jitsu brothers, who have been taking the martial arts by storm with their unique style of ju-jitsu. Bill Wallace will be instructing on Sunday. His seminar will feature stretching, conditioning and kicking skills. A business seminar will be held on Sunday morning for school owners.

This year the Alliance will feature the Alliance Cup Tournament at the seminar. The Alliance Cup is open to black belts only, with competition for men and women black belts in kumite, kata and weapons. Winners of the Alliance Cup may be considered for positions on the Alliance National Team. The Alliance Cup Tournament will be held Saturday night.

The Alliance will also be sponsoring a rules and referee class on Friday evening of the seminar to obtain referee certification. The participants will judge the Alliance Cup tournament on Saturday to receive their certification. The judges will be rotated so black belts can both judge for certification and compete in the Alliance Cup.

The Alliance will be sending out flyers for the annual March seminar, so reserve March 22, 23 and 24 on your calendar for one of the top seminars in the country.

United States Karate Alliance
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